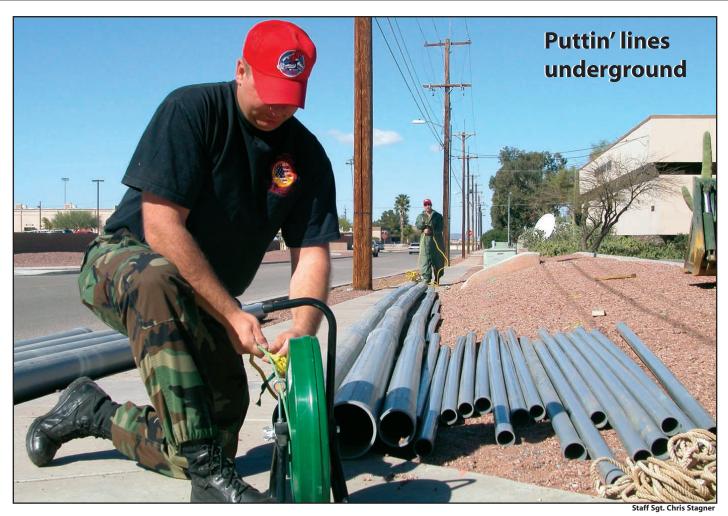
# ESERT AIRMA

Davis-Monthan Air Force Base, Ariz.

Friday, March 21, 2003



Staff Sqt. Kory Kaiser, 820th Red Horse Squadron, Nellis Air Force Base, Nev., fills a pipe with fish tape. Fish tape is used to avoid tangles while runnning cables through pipes. The 820th RHS is here to reroute cable from phone poles to underground. Rerouting the cables is a safety measure used to avoid damage from lightning and monsoons.

# Two new **CSAR** units join D-M

**By Senior Airman Troy Hawkes** *355th Wing Public Affairs* 

Two new combat search and rescue squadrons stood up March 14 at Davis-Monthan Air Force Base.

The 79th and 55th Rescue Squadrons are the newest additions to the 355th Wing workforce.

The Air Force as a whole has been experiencing a shortage of CSAR capabilities. The new CSAR units should assist in eliminating this shortage.

"The new combat search and rescue units are an excellent addition to Davis-Monthan. We are thrilled to have this dynamic, critical mission at D-M. They will be making an immediate impact on the combat Air Force at D-M

See *CSAR*, Page 5

# President authorizes two new medals for war on terrorism

A presidential executive order signed It is limited to Operation Noble Eagle and to March 12 authorizes the Department of Defense to create two new military medals for service in the global war on terrorism.

The Global War on Terrorism Expeditionary Medal will recognize servicemembers who participate in an expedition to combat terrorism on or after Sept. 11, 2001. It is limited to those who deploy as part of Operation Enduring

The Global War on Terrorism Service Medal to combat terrorism on or after Sept. 11, 2001. als. Members of the U.S. armed forces and

those servicemembers who provide support to Operation Enduring Freedom from outside the area of eligibility designated for the expeditionary medal.

Specific eligibility for the medals will be established by DoD awards policy officials. The combatant commander has the authority to award the medals to units and people deployed within his theater for approved operations. The Air Force will prescribe the appropriate reguwill recognize service in military operations lations for processing and wearing the med-

Coast Guard are eligible for the medals, including Reserve and National Guard members activated to support approved operations. Civilians, foreign nationals and foreign military are not eligible.

"I think anytime we can recognize the airmen of our United States Air Force for the major contributions and sacrifices they make for their country, it should be recognized," said Chief Master Sgt. John Foran, 355th Wing command chief.

See *Medal*, Page 4

# Re-enlist with the **Thunderbirds**

The United States Air Force Thunderbirds will be re-enlisting airmen and NCOs while they are here for A & A Days 2003, March 29 and 30. Deadline to sign up is Monday at 2 p.m. For more information on re-enlisting with the Thunderbirds, contact Tech. Sgt. Jenaro Jackson at 228-5680 or Senior Airman Cheryl Peden at 228-1982 in the 355th Mission Support Squadron Reenlistment Office. For more information on A & A Days 2003, see Page 6.

### **Girl Scouts**

**Concern:** My wife is an assistant troop leader for a Girl Scout troop off base. She talked with the commissary manager more than a week in advance about setting up a table in front of the commissary to sell cookies. She was told that it would be no problem. She showed up as scheduled and began selling cookies. She was confronted by a troop leader from on base and was very rudely told that only on-base Girl Scout troops were allowed to sell cookies on base, and that she had to have a letter from your office. What really bothered my wife and I was the attitude of the person who confronted her. Also, is the statement about only on-base troops being able to sell on base true? I feel that we are all one community regardless of where we reside and that facilities on base are to support all of our Air Force family, not just those privileged enough to live on base.

**Response:** I would like to apologize for the trouble that you and your wife have been caused. It is true that all fundraisers are required to be coordinated and approved through the 355th Services Squadron, and it is clearly our mistake that you were not notified of proper procedure.

There is no policy stating only on-base residents can do fundraisers in front of the

commissary. However, we do discourage food sales of any kind in front of the commissary due to the fact that it causes direct competition with the contractor sales inside. I would also like to mention that if anyone feels that a fundraiser is unauthorized, they should take it up with the facility manager and not the individuals conducting that particular fundraiser. Most often, as in this case, the fundraiser has been approved.

### **Hobby Shop**

**Concern:** I am calling about the auto hobby shop. They haven't had a hydraulic press for a long time now. I see there is one on sale for \$160 at a store on 22nd Street. It would be good for the shop to get, because it is necessary. It isn't that expensive.

**Response:** Thank you for your comments on the hydraulic press at the auto skills center. Our 20-ton hydraulic press is currently out of service and we are working diligently to get it repaired. In the meantime, we have a 12-ton hydraulic press and will move it where patrons can use it. Buying a new press is not an option at this time based on our budget for this fiscal year.

If you have any further questions or concerns about the auto skills center, please contact Larry Trueax, auto skills manager, at 228-3614.

Supporting each other and working together to provide the best programs and services is a goal for all D-M

Ideas, suggestions, comments, concerns and kudos are important to make improvements

The best way to pass along a comment or to get an is to contact the agency chief or functional managers listed solution? The Commander's Corne phone line is 228-An e-mail sent to: 355hWngCommandersCorner

@dm.af.mil Callers must leave their name, phone number and a message. They



355th WingCommander

will receive a prompt reply in writing or by telephone.

We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the Desert Airman Anonymous calls may not be published.

### **Agency numbers**

	_
AAFES Agencies	228-3904
Accounting and Finance	228-496
Chaplain	228-541
Civil Engineer	228-340
Clinic	228-293
Commissary	228-3116
Family Support	228-569
Fitness and Sports Center	228-0022
Haeffner Fitness Center	228-371

Inspector General	228-3558
Legal	228-6432
Lodging	228-4845
Military and Civilian Equ	ıal
Opportunity Office	228-5509
Military Personnel	228-5689
Public Affairs	228-3204
Security Forces	228-6178
Services	228-5596
Transportation	228-3584

# **Team D-M Mission Spotlight**

The 355th Aerospace Medicine Squadron provides vital health services to foster a fit fighting force for the 355th Wing and tenant organizations, promotes preventive medicine programs to maintain maximum Air Force readiness and monitors the environment and occupational work areas for hazards while supporting worldwide contingency operations.

355th AMDS also supports the 355th Medical Group, 355th Wing and tenant unit missions by maintaining the highest standards of clinical and administrative medical services in peacetime and in war. It provides highly trained, motivated and able-bodied manpower in support of Air Force operations worldwide in accordance with disaster response, contingency and emergency war order tasking. Its vision statement is serving its customers, maximizing its product and nurturing its people to achieve the mission.

(Left) Staff Sgt. Jennifer Quinata, 355th Aerospace Medicine Squadron allergy/immunizations medical technician, gives 1st Lt. William Burch, 612th Air Intelligence Squadron, a tetanus shot.

The 355th Wing Public Affairs staff prepares all editorial content for the Desert Airman. The editor will edit or re-write material for clarity, brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101.

Contributions for the Desert Airman can be made directly to ne 355th Wing Public Affairs Office, Building 2300, Suite 2054, or through e-mail to desert.airman@dm.af.mil. The editor can be reached at 228-3152. Submission deadlines are Wednesday, nine days, prior to publication date. If submissions are publishable, they run based on space available and priority. Unless otherwise noted, photographs are Air Force photos. The Desert Airman uses information from the Armed Forces Information Service, Air Force News Service, Air Combat Command and other sources.

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# Training brings Royal Thai air force to Davis-Monthan Air Force Base

**By Capt. Chrissy Cuttita** 355th Wing Public Affairs

The usual smell of JP-8 fuel near the Swan Road Gate was replaced recently with the much sweeter aroma of Thai food being cooked.

Eighty-six Royal Thai air force members moved into the 162nd Fighter Wing's Snowbird Operations Detachment here Feb. 20.

While they have 15 years experience flying F-16s, this was their first time flying the seven F-16s they purchased from the Aerospace Maintenance and Regeneration Center for their 102nd Squadron.

"Our relationship started in 1994 when we sent the first two Thai air force F-16 aircraft pilots to the 162nd Fighter Wing for training," said Capt. Didyasiring Chaiyapruk, Wing 1 group commander of the RTAF Det. 3 flying unit. "Then we sent more pilots in the following years. We picked here to train because of our good relations and long experience with Tucson (Air National Guard)."

Royal Thai air force aircrews were here approximately two weeks to spin up for Red Flag and for air-to-air missions involving the AIM-9 Sidewinder. They also received AIM-120 advanced mediumrange air-to-air missile training.

Pilots and maintenance crews from the Air Na-

tional Guard worked side by side with the RTAF crews here. The goal was to fly about 80 sorties. During the first week pilots had simulator training and other academics while crew chiefs checked aircraft status on the flightline.

Maintenance crews from the RTAF learned everything from wearing safety goggles to working air compressors. It was their first time here training while most pilots have trained with the 162nd FW before.

Lt. Col. Wally Bleyl, 162nd FW F-16 pilot and the project officer for this visit, went on a temporary-duty assignment to Thailand in 1997

for the F-16 advanced course.

Being at Snowbird Operations feels like living in Thailand right now, according to Bleyl, who complemented the hospitality and culinary skills of the RTAF here.

Talkli and Korat Air Bases, two bases in Thailand, were formally U.S. bases in the Vietnam War. Now they are now RTAF bases used to host exercises Cope Tiger and Cobra Gold in which thousands of U.S. and RTAF military personnel participate.

"I think Snowbird Operations is the best place for us," said Chaiyapruk. "We love to be here. It is a good stay, good exercise, the Air National Guard is very hospitable and everything is convenient."



Cpl. Jirayush Chompoopath, Royal Thai air force, services an F-16 emergency power unit while at Davis-Monthan Air Force Base.

airmen were saved from the consequences of driving under the influence by the Airmen Against Drunk Driving Program since Dec. 31.

Call AADD at **850-2233** 

10 p.m. to 5 a.m. Fridays and Saturdays and 4 p.m. to midnight Sundays for a ride.

# **Emergency Numbers**

i	Ambulance	911	Mortuary Officer	228-5964 or 4414
i	Casualty Assistance	228-3686	(After duty hours)	228-3121
i	(After duty hours)			
i	Duty Chaplain	228-5411	355th Security Forces	Crime Stop228-4444
	(After duty hours)			
ł	Fire Reporting	911	(After duty hours)	909-0316
	Public Affairs			
	(After duty hours)	228-7400	TIPS Line	228-TIPS (8477)

## **News Notes**

### **Estate claims**

Any person, or persons, having claims for, or against, the estate of Airman 1st Class Kiley Lee, deceased, formerly assigned to the 355th Component Maintenance Squadron, should contact the summary court officer, 1st Lt. Paul Schwennesen, 355th CMS, at 228-5377.

### **Commissary closure**

The commissary will be closed March 31 for formal inventory. It will reopen April 1 at normal business hours.

### **Burger King closure**

The Davis-Monthan Air Force Base Burger King is going through required renovation to modernize and upgrade the restaurant until tomorrow.

The drive thru will remain open until March 31.

After March 31 the restaurant will be closed for a considerable amount of time in order to complete construction on the kitchen.

### **Smallpox**

Smallpox vaccination briefings will be given Tuesdays from 8 a.m. to noon, Wednesdays from noon to 4 p.m. and Fridays from 8 a.m. to 4 p.m. until further notice.

The individuals tasking personnel for the vaccinations must have coordinated with the personnel readiness unit prior to scheduling. For additional questions, contact Staff Sgt. Jessica Despot at 228-1536.

### **Clinic closure**

All 355th Medical Group clinics will be closed March 29 for the Aerospace and Arizona Days 2003.

For questions, or more information, call Capt. John Altevers at 228-1585.

### Legal hours change

Effective immediately, legal service hours have changed. Legal assistance and same-day will preparation is offered Mondays and Wednesdays from 1:30 to 3:30 p.m. and Fridays from 8 to 10 a.m. Active-duty members in uniform have priority the first hour.

Notary services, powers of attorney and in lieu of tax form services are Mondays through Fridays from 8 to 10 a.m. and Mondays and Wednesdays from 1:30 to 3:30 p.m.

Evening legal assistance is offered the second Wednesday of every month from 5 to 6:30 p.m. For more information, call 228-5242.

**Desert Airman** March 21, 2003

# Force protection changes keep base, personnel safe

By Staff Sgt. Chris Stagner

355th Wing Public Affairs

Vehicle traffic patterns entering and exiting Davis-Monthan Air Force Base have been changed drastically since the events of Sept. 11, 2001, at times causing long delays at the gates.

"Our mission is to present anyone who might target D-M with a target that is more difficult to predict and penetrate," said Master Sgt. John McCormick, 355th Security Forces Squadron administration superintendent.



Members of the 355th Security Forces Squadron perform antiterrorism measures by patrolling the base in a wedge formation. A wedge formation is a tactical movement used to sweep from one place to another. Numerous random antiterrorism measures are practiced daily on Davis-Monthan Air Force Base.

In order to ensure the safety of all resources on D-M, the 355th SFS has changed its concept of security.

"Traditional concepts of security were based on deterring terrorist attacks," said McCormick. "Since 9/11 we have moved to a more aggressive force protection stance. We are now actively working to detect and deny terrorist activity before it happens."

Some of the safety precautions accomplished to protect the base include randomly changing security postures.

"The security signature of the base is

changed daily," said McCormick. "People should also expect to go through a serpentine and have an identification check every time they enter the base."

"The barriers double the amount of time it takes to get on base," said Tech. Sgt. Fred Spano, 355th SFS antiterrorism NCO. "This is not a temporary change."

Personnel at D-M can assist the 355th SFS protect the base by practicing force protection, said Senior Master Sgt. Gregory Parsons, 355th SFS operations superintendent. This entails using different routes to travel to base and not always entering the base through the same

"The Swan gate is under used," said Spano. "If people used proper force protection techniques, traffic at all three gates would be less."

"We're trying to do the best job we can to protect all resources on base, most importantly the people," said Master Sgt. Duane Judy, 355th SFS antiterrorism superintendent.

The constant change in force protection postures has had some negative effects on D-M traffic outside of delays at the gate.

"There were 144 accidents on base in 2002," said McCormick, "the vast majority of these were caused by people trying to merge into traffic at the end of the day."

All personnel can assist in avoiding accidents such as these.

"It would help if people would stagger reporting times for office personnel," said McCormick. "People should also allow for extra time to enter and exit the base."

"Everyone needs to be a pro-active member of the antiterrorism process," said Judy.

# Tips for avoiding traffic jams at the gates:

- ♦ "The Swan gate is under used," said Tech. Sgt. Fred Spano, 355th Security Forces antiterrorism NCO.
- ◆ The hours for the Swan and Wilmot gates are 6 a.m. to 6 p.m.

◆ Stagger reporting times to work when possible. If your office's duty day begins at 7:30 a.m., have people report at various times between 7 and 8 a.m. Force protection is everyone's responsibility.

# Medal

Continued from Page 1

It will take up to 12 months to produce and stock the medals in supply systems, officials said.

Future authorizations for these medals can be approved by the chairman of the Joint Chiefs of Staff if the war on terrorism expands. (Courtesy of Air Force Print News)





United States, Gold denotes excellence,

Obverse: A bronze color metal disc charged with an eagle, wings dis-played, with a stylized shield of 13 vertical bars on its breasts and holding in dexter claw and olive branch and in sinister claw three arrows, all in front of a terrestrial globe with the inscription above, "War on Terrorism Service Medal." The eagle and shield, adapted from the Great al, represents the United States. They protect the globe above and behind, symbolizing American resolve to combat and overcome aloba ements of international terrorism. The laurel wreath represents the Reverse: A laurel wreath on a plain field.

(Top, GWOT Expeditionary Medal) Ribbon: Scarlet, white and blue represent the United States. Light blue refers to worldwide cooperation against ter-

Overse: A bronze color metal disc charged with a shield adapted from the Great Seal of the United States surmounting two swords hilts to base saltirwise enclosed within a wreath of laurel; overall an eagle, wings displayed, grasping in its claws a serpent. The shield and eagle represent the United States. The swords denote readiness and the resolve to fight international terrorism, which is symbolized by the serpent crushed n the eagle's claws. The wreath denotes honor and achievement. Reverse: The eagle, serpent and swords from the front of the medal within the encircling inscription "War On Terrorism Expeditionary Medal."

### Twenty-six D-M SNCOs selected to senior master sergeant

55th Electronic Combat Group

William Garrison Matt Rogers

355th Comptroller Squadron

Carol Archangel

612th Combat

**Operations Squadron** 

Keith Combs

355th Component

**Maintenance Squadron** 

Leonard Kopa

Marc Shaeffer 355th Maintenance Group

Thomas Moran

355th Civil Engineer Squadron

Michael Czekaj

Karl Deutsch

355th Security Forces Squadron

John McCormick

Alan Nelson

355th Medical Group

Stephen Canter 355th Logistics

**Readiness Squadron** 

Matthew Gibson

Charles Wilcox

12th Air Force

Nicholas Campbell

Craig McCollom

**355th Communications Squadron** 

Peter Cole

43rd Electronic

**Combat Squadron** 

Stuart Andrews

355th Aircraft

**Maintenance Squadron** 

Murray Borsheim Steven Foster

Steven Kirby

755th Aircraft

**Maintenance Squadron** 

Gerry Buchanan

355th Dental Squadron

Brian Medaugh

355th Equipment

Maintenance Squadron

Vincent Lowe Dale Olson

**355th Services Squadron** Kenneth Ramey

March 21, 2003 Desert Airman 5

# **CSAR**

Continued from Page 1

and in the Tucson community," said Col. Larry Stutzriem, 355th Wing commander. "The future for CSAR is brilliant. Having the ability to fuse A/OA-10s, HH-60s, HC-130s and pararescue right here at D-M will provide synergies we have not had in the past. It is an



The primary mission of the HH-60G Pave Hawk helicopter, a highly modified version of the Army Black Hawk used by the 55th Rescue Squadron, is to conduct day or night operations into hostile environments to recover downed aircrew or other isolated personnel during war.

exciting time to be a part of this extremely important mission."

"We're excited to be here," said Lt. Col. Steve Alderfer, 79th RQS commander. "You can't beat the weather or the local mountainous terrain for training. Our unit is starting small, only about 25 people, and will grow over the next four years to 10 planes and about 150 people."

The 79th RQS is an HC-130 squadron used to re-fuel helicopters, airdrop pararescuemen

and their equipment and transload rescued members from helicopters to C-130s.

The 55th RQS features HH-60

Pave Hawk helicopters. The 55th's mission is to provide worldwide rapid-response, vertical-lift combat rescue capability utilizing HH-60s, weapons and training crews.

"D-M is a fantastic place for us to be based," said Lt. Col. Michael Healy, 55th RQS commander.

"The support structure, ranges and local flying areas make it the perfect training area for combat rescue forces," he added.

"I've been tremendously impressed by the men and women in our CSAR units. They are extremely sharp, motivated and ready for the tough challenges ahead. We are fortunate to have them on the D-M team," Stutzriem said.

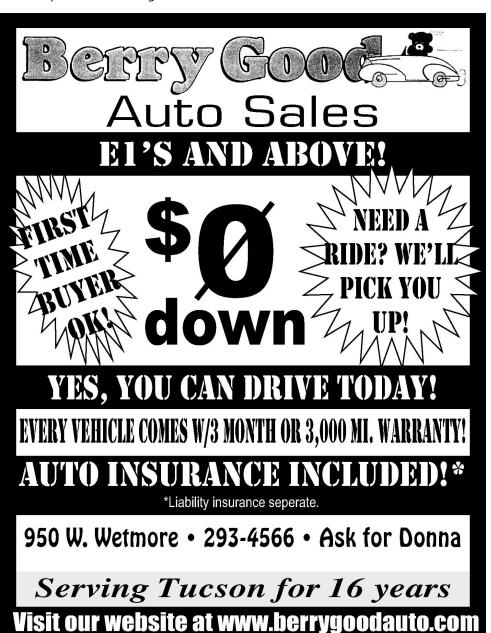
"Air Force leadership is committed to maintaining a robust CSAR capability. We will respond to recover our aircrews. It's a pledge," Stutzriem added.

In addition to the two CSAR squadrons already established at D-M, there is currently a CSAR detachment assigned to the 355th Operations Group. This detachment will eventually become the 48th Rescue Squadron. The 48th RQS, when activated will be a combat officer-lead pararescue squadron.



Courtesy pho

The HC-130P/N is an extended-range, combat search and rescue version of the C-130 Hercules transport. Its mission is to extend the range of combat search and rescue helicopters by providing air refueling.

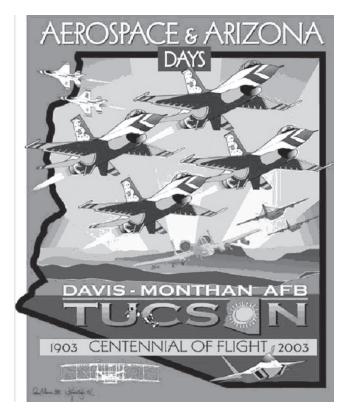




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Desert Airman March 21, 2003



### **Shuttle information:**

Sun Tran will provide shuttle service to Aerospace and Arizona Days 2003 at Davis-Monthan Air Force Base March 29 through 30

Buses are allowed exclusive entry to the base at the Wilmot Road Gate and will carry passengers direct to the flight line.

# Sun Tran provides quick, convenient transportation for A & A Days 2003

### **Boarding locations for the shuttle:**

-Park Place, 5870 East Broadway, behind O'Reilly Chevrolet

-Pima Air and Space Museum, 6000 East Valencia Road

-Tucson Electric Park, 2500 E. Ajo Way, Shuttle riders enter from Forgeus Ave.

### **Operation times, days and costs:**

Shuttles operate to D-M from 8:30 a.m. until 2 p.m. Round trip tokens are available at the boarding locations for \$2.00 cash only, and return service continues all day.

Fare for seniors 65 and older, persons with disabilities, and Medicare card holders is \$1.00, children five and under ride free and all buses are wheelchair-accessible.

### **Security:**

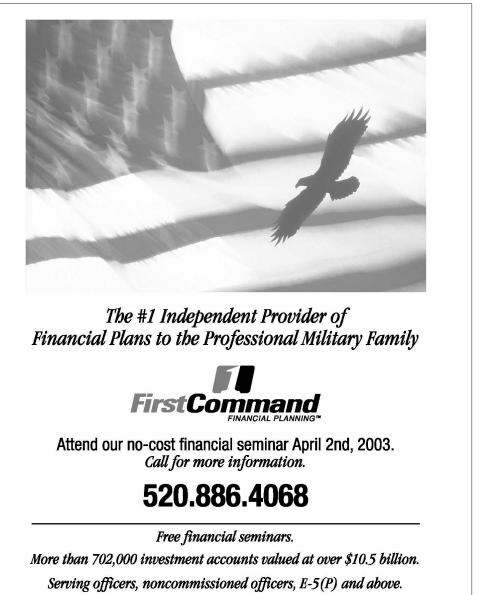
D-M security restricts visitors from bringing certain items on base. These include backpacks (including camelbacks), coolers, large camera bags and purses, duffle bags, bicycles, umbrellas, chairs and weapons

(firearms and knives). With the exception of guide dogs and service animals, pets are not allowed. All visitors are subject to random search.

For shuttle information, or for Sun Tran route and schedule information, call Sun Tran's Customer Service Center at 792-9222 (TDD: 628-1565), or visit <a href="www.suntran.com">www.suntran.com</a>. For information about Aerospace and Arizona Days, call 228-3358, or log on to <a href="www.dm.af.mil/aa/">www.dm.af.mil/aa/</a>. (Courtesy of Sun Tran)





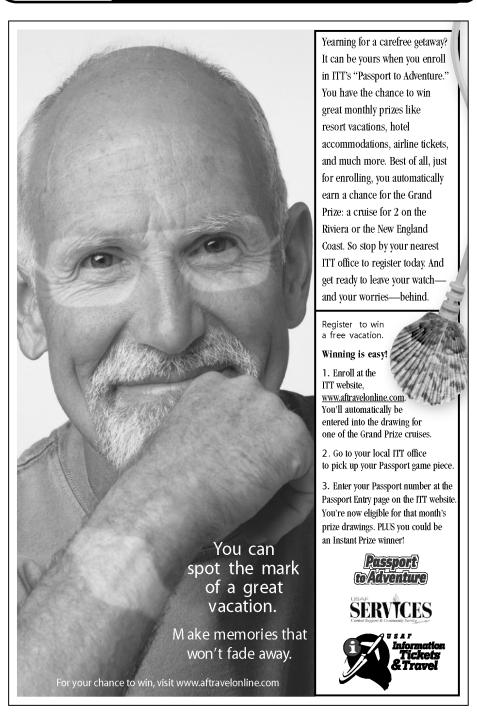


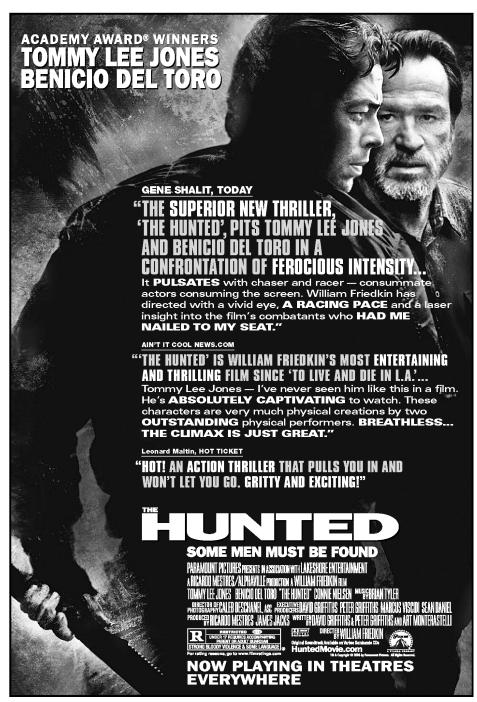
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March 21, 2003 Desert Airman 7











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# Col. Stutzriem speaks to D-M

By Col. Larry Stutzriem 355th Wing Commander

It is my great fortune to return home to Arizona. I love this state! Who could ever be so blessed to be stationed in Tucson twice during their career.

It's also a privilege to lead a wing of proven excellence. Although I've only been gone a few short and action packed years, I am amazed at the transformation. It is proof positive that the men and women of the 355th Wing set a standard only few can achieve. Desert Lightning excellence is contagious here, and excellence sparkles from every facet of Davis-Monthan Air Force Base.

Even the Air Force agrees with my assessment as evidenced by the bushels of 12th Air Force, Air Combat Command and Air Force level awards captured across the groups.

Don't forget that I watched this wing fight one of history's most difficult and unique wars last year while stationed in the Combined Air Operations Center in Saudi Arabia.

The 355th Wing was everywhere in the area of responsibility: communications, security forces, services, engineers, medical and public affairs personnel just to name a few members. On short notice, our A-10 fighter pilots and maintainers were key to routing the last large pocket of Taliban and Al Qaida resistance in Afghanistan when friendly forces on the ground were desper-

ately pinned down.

You have earned your warrior stripes. You are true masters of your craft.

Of course, if you thought past challenges were tough, hold on for an even greater adventure ahead.

Anticipation of war fills the hearts of all Americans. Some say that uncertainty is swirling about us. I don't think so. I'm certain that when called to fly and fight, we will crush our enemy. That is, we will crush the few and foolish who fail to surrender in the mere presence of Desert Lightning overhead.

This wing is all about certainty. We must be ready for anything. We must be focused. Continue your push for excellence.

## **Final Answer**



Kathy Kibbee Wife of Tech. Sgt. Jim Kibbee 355th Logistics Readiness Squadron

"Arizona, and my family is just around the corner."



Airman 1st Class Rachel Winchel 612th Combat Operations Squadron

"Louisiana. What makes it great is the fact it actually has trees and grass."



Retired Tech. Sgt. Jerry Watts

"Pennsylvania. It holds a great place in American history because of the battle of Gettysburg, among other things.

### What state are you from and why is that state great?



Airman 1st Class Crystal Willingham

355th Services Squadron

"Missouri. The people are what makes it great. Everyone is like one big family."



Retired Tech. Sgt. Ronnie Johnson

"I'm from Texas.
What makes it great
is that it's home, for
one thing. It's also
where my family
lives."



**Cindy Gorgos**Wife of Tech. Sgt.
Frank Gorgos
12th Air Force

"Idaho, because it has seasons. I miss the weather and my family."



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Visit Aerotech News and Review online! www.aerotechnews.com

# D-M dietician provides tips for healthy meals

By Maj. Nancy Klein

355th Aerospace Medicine Squadron

"Do you have any hints for healthy breakfasts?," is a request I get all too often.

I can certainly relate to your concerns. Here are some quick tips I use to make sure I get a nutritious breakfast in the morning:

- ◆ Pack your a breakfast ahead of time and bring it with you when you leave the house.
- ◆ Avoid fat- and calorie-laden foods that are easy to grab, such as donuts, toaster pastries and croissants. Look instead for dark bakery breads or small store bagels.

◆ Avoid fast foods.

Breakfast muffins are also a good option, but be careful of the pre-packaged convenience muffins. Pre-packaged muffins can pack excessive calories and fat. Try instead a homemade version.

Some suggestions to maximize nutritional content of your muffins are to: include fruit, such as bananas, apples or berries. Add whole-grain flours such as wheat, oat bran or corn meal to your regular flour. If a recipe calls for 2 cups of flour, use 1 1/2 cups flour and 1/2 cup of whole-grain flour.

Grab an 8-ounce glass of orange juice or skim milk and a handful of your favorite cereal and put in a sealable bag or a breakfast bar, and you're set! Most breakfast bars on the market are fortified with vitamins and calcium and most cereals are low in fat and an excellent source of fiber. Both are definitely a better alternative to donuts.

Hope this helps, and please don't skip breakfast. Even drinking a simple glass of juice is better than nothing at all and it would be hard to convince me you don't have time for that.

For more information on making healthy lifestyle changes, please call the 355th Medical Group Health and Wellness Center at 228-2294 or 228-1003.

# Healthful eating made quick and easy by 355th MDG tips

March is National Nutrition Month and the 355th Medical Group has provided the following information to help the Davis-Monthan Air Force Base community achieve and maintain healthier lifestyles.

Do you feel overwhelmed by all the various recommendations for healthful eating? Some tips can make healthful eating:

◆ Eat a variety of nutrient-rich foods. No one food has everything you need—so strive

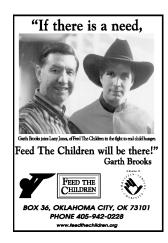
for variety.

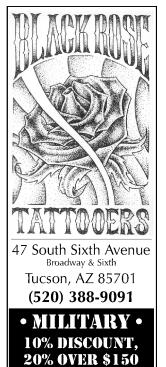
- ◆ Enjoy whole grains, fruits and vegetables everyday. Be sure to get your five-aday, six to 11 servings of grains.
- ◆ Maintain a healthy weight, what's best for you.
  - ◆ Choose moderate portions.
- ◆ Schedule regular meals—skipping leads to overeating.
  - ◆ Reduce don't eliminate high fat, high

calorie favorites.

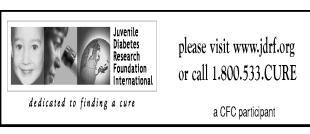
- ◆ Balance food choices over time—it's what happens day in and day out that
  - ◆ Know your weaknesses.

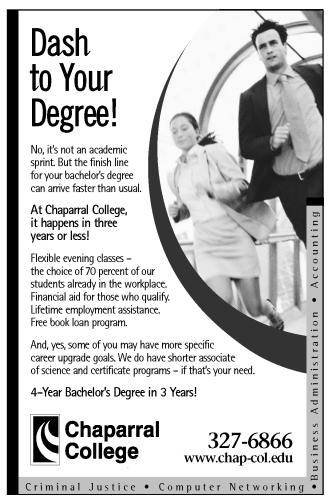
Make changes slowly and remember: all foods can fit into a healthful eating plan. For more information call the Health and Wellness Center at 228-2294 or 228-1003. (Courtesy 355th Medical Group)

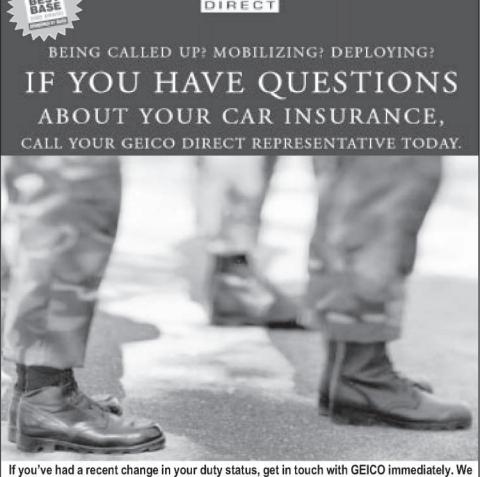




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**Desert Airman** 

# Sonoran Spotlight

Name: Tech. Sqt. Manuel Zurita

**Organization:** 355th Comptroller Squadron Duty title: Accounting Liaison technician

Hometown: Odessa, Texas Years of service: 13

**Reason for joining the Air Force:** It was a great

way to travel the world.

Main responsibilities: My responsibility is to verify and commit money for the various squadrons on base.

**Best aspects of job:** Working with the folks in my office.

**Goals:** My career goals are to become a military training instructor and I also want to make master sergeant.

Hobbies/outside activities: Sports

Favorite thing about D-M: My favorite thing

about D-M is the mild winters.

Best assignment: My best assignment was to Dyess Air Force Base, Texas, because that's where I met my wife.

**Inspiration:** My mother and father have always inspired me because of the values they have installed in me.



# Congratulations Master Sgt. Dale Wilson, 12th Air Force Senior NCO of the year



Master Sgt. Dale Wilson (standing), 355th Medical Support Squadron resource management flight superintendent, reviews monthly third party collections with Staff Sqt. Pamela Blueford (sitting), 355th MDSS NCO in charge of third party collections.

# 355th MDG fitness basics

The foundation to starting a successful exercise program is to establish a clear idea of why you want to exercise. Is your goal cardiovascular fitness, weight control, muscular strength or endurance?

After identifying the why, seek expert advice from a certified personal training or exercise physiologist and set some goals. Goals must be attainable and, like everything else in life, start slow and easy in a progressive fashion.

Another very important aspect of starting an exercise program is to select activities that you enjoy; this increases your chances of staying with your program.

A good and complete basic exercise program consists of the following:

◆ At least three days a week do some kind of aerobic activity such as walking, jogging, running, cycling or swimming for at least 30 minutes, staying in your target heart rate zone for at least 20 minutes.

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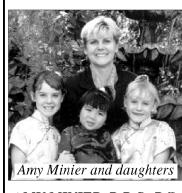
- ◆ At least two days a week do some kind of resistance training like weight training. Make sure to exercise all the major muscle groups first then go to the smaller ones. You can do one or two sets of eight to 12 repetitions of each exercise. All these exercises need to be done at a slow cadence and in a controlled fashion.
- ◆ Spend at least 10 to 15 minutes three to five days a week doing flexibility exercises. This will keep you flexible and will assist you in performing your regular exercises in a smoother and safer manner. Increased flexibility also decreases your chances of getting injured.

Finally, good exercise sessions consist of: warm up and stretching, muscle toning and calisthenics, conditioning portion (cardio or resistance training) and a cool down.

For more information or if you have questions, please call Cesar Vinueza at 228-5003.

(Courtesy 355th Medical Support Squadron)





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March 21, 2003





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# March 7 Photo Caption Contest - Submit your "cutline"



March 21, 2003

Chris Sweene

(Editor's note: "The Lighter Side" is a forum for all D-M members to submit original, previously unpublished Department of Defense, Air Force, 355th Wing and D-M comics, cartoons, photographs and humorous military stories and quotes. Political satire and altered photographs will not be published. "The Lighter Side" is for entertainment purposes only. Stories must be 100 words or less. Contributions for "The Lighter Side" can be made directly to the 355th Wing Public Affairs Office or through e-mail to desert.airman@dm.af.mil. The editor can be reached directly at 228-5714.)

### **Winners**

"Hey captain, I finally found the last beer

### **Airman 1st Class Nicholas Samaras**

612th Air Communications Squadron

Awww man, only three pennies and a nickel ... Last time I found two quarters and a key to the officers club.

### **Chuck Vesely**

Retired United States Air Force

"Dude, look at all the loose change under this seat!"

**Staff Sgt. Jacquolyn Traeger** *355th Wing* 

### **Honorable mentions**

The infamous carnivorous F-16 claims another victim. "That's the third crew chief we've lost this month!"

### **Tech. Sgt. James Wilcox**

355th Aircraft Maintenance Squadron

Clean-up after those incentive flights is a pain in the back.

### **Dane Alli**

355th Medical Operations Squadron



14 Desert Airman March 21, 2003

# March is National Nutrition Month



Airman Michael Faw, 58th Fighter Squadron, enjoys a nutritious meal at the Desert Inn dining facility. The

Desert Inn is one of multiple facilities on base that offer healthy meal choices.

### Healthful Eating - It's All About You

March is National Nutrition Month and the 355th Medical Group has provided the following information to help the Davis-Monthan Air Force Base community achieve and maintain healthier lifestyles.

Are you trying to make the best food choices? Are you not real sure if you are doing a good job?

Healthful eating is all about – knowing your health, four food preferences and your health goals.

There is no perfect eating plan. To develop or evaluate your eating plan, follow the food guide. The pyramid is a tool to help make healthful food choices from each food group.

When deciding how to plan, be flexible – include foods you enjoy, but be sensible about the quantities you choose. Enjoying Summer barbecue is fine if you keep the portions of high calorie salads and meat moderate. In addition, be realistic—you can't expect changes to happen overnight. Actually, small changes yield long-term results.

Be adventurous about food choices—try new foods or different seasonings. Make food taste so good you can't tell you've changed fat or calorie intake. And don't forget activity. Physical activity helps burn the calories of all those favorite foods.

For more information call the Health and Wellness Center at 228-2294 or 228-1003.

men meanly mean enoices.

(Courtesy 355th Medical Group)

### Fat Free Doesn't Equal Calorie Free

During March, many people may think of losing some pounds. For those of you who must reduce your fat intake, the variety of fat free foods available, help make eating more enjoyable. But fat free doesn't equal calorie free.

The term fat free means—in a set portion, the amount of fat is so low you don't have to worry about it. However, this doesn't include any requirements for calories. A food that is fat free could still contain carbohydrates or protein, making it a source of calories.

When it comes to label lingo, it's important to always check the Nutrition Facts Panel. The panel will list the amount of each calorie-contributing nutrient, as well as the calories in a serving. And, what's most important is for the label to define a serving. This amount may be more or less than you consume, so remember to figure calories accordingly.

Reading food labels can help you make healthier choices, learn more about what you eat, and control calories—you just need to read the facts.

For more information call the Health and Wellness Center at 228-2294 or 228-1003. (Courtesy 355th Medical Group)

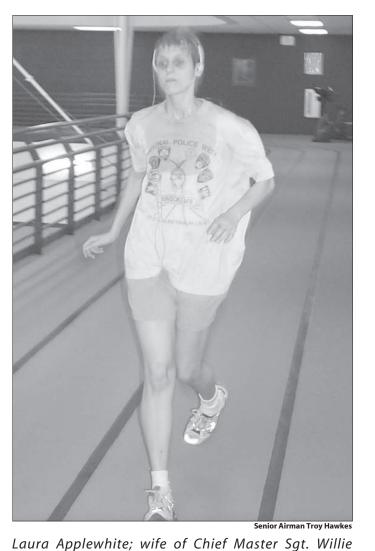
### **Facts About Excess Weight**

Excess weight is a serious problem. Did you know that the number of overweight adults in the U.S. continues to rise from 25 percent in 1980 to more than 61 percent today?

Decrease in physical activity and healthful eating habits put 58 million Americans over what is considered a healthy weight. While weight don't always assess fitness, using weight as starting point can help assess health.

Because muscle is denser than body fat, the scale doesn't tell the muscle versus fat story. If you are relatively inactive or physically active less than once a week and consume a high-fat, high-calorie diet your weight can be fatter than muscle.

To make a long term changes in your weight and body fat, start with small changes. Add physical activity—walk, bike, dance or enjoy other aerobic activity once a week, as this gets comfortable, slowly increase to everyday. Change your eating habits in the same way. Reduce high fat foods, then high calorie and adjust portions. Slow and gradual changes result in long term success. For more information call the Health and Wellness Center at 228-2294 or 228-1003. (Courtesy 355th Medical Group)



Applewhite, 355th Mission Support Squadron, runs at the Davis-Monthan fitness and sports center. Aerobic exercise at least three times a week, in addition to good nutri-

tion, is part of a healthy lifestyle.

# Strike 12

# D-M Bowling Lanes sees first perfect game since Feb '01

By Staff Sgt. Russell Wicke

355th Wing Public Affairs

When it comes to slinging 16-pound balls to take down multiple targets, there is one man on Davis-Monthan Air Force Base who proves to be more than accurate. And if three strikes means you're out, then Andy King, D-M Bowling Lanes manager, is out four times in a row, for the first time.

King displayed his bowling skills March 11 when he bowled a perfect game with a score of 300 - that's 12 strikes in a

row, - during the bowling intramurals as a member of the Services #1 team.

"I'll never forget that night," said King. "I'm not a bad bowler, but I never thought I'd bowl a perfect game."

King is a retired chief master sergeant who served 30 years in the Air Force and did some time as a senior enlisted advisor, now known as a command chief master sergeant. As a tall man with a height of 6 feet 2 inches, a hard jaw line marked with a salt and peppered goatee and the look of experience engrained in his face, King first appears to be very intimidating. Strike a conversation with him, however, and his cheerful smile and passive tone prove to be comforting.

During all his years in the Air Force, King has been punishing pins at the end of the bowling lanes around the world. But his bowling interest goes further back than his Air Force enlistment.

"I have been bowling since I was 10 years old ... but I don't think I'll give you my age," King

said with a sheepish grin. "I started league bowling a little later, and have been doing it for 36 years."

With all his skill and experience of tossing balls down the lanes, King still believes there is a bit of luck involved with his perfect score.

"Sometimes you can throw a perfect ball and, for some reason, leave a pin standing. Other times you can be off a little and all ten still go down," he said.

According to King, this is what happened to him in the 10th frame of his perfect game.

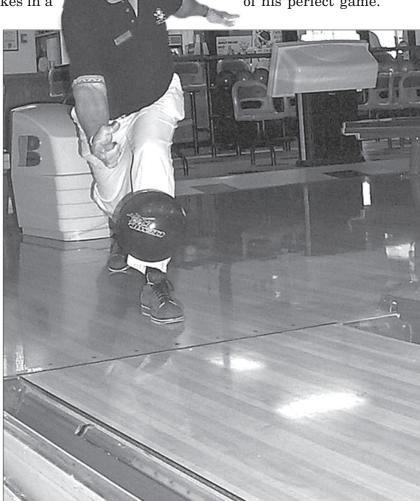


Photo illustration by Staff Sgt. Russell Wicke

Andy King, Davis-Monthan Bowling Lanes manager, demonstrates his right hook March 13 as he throws one of many strikes he has thrown in his lifetime. King bowled a 300 March 11 for the first time since he started bowling from his youth.

"When I threw the ninth strike, I went into the 10th frame thinking I'd throw to the left or the right, but I threw a perfect ball," he explained. "But in the 11th frame I threw a Brooklyn Ball." A Brooklyn Ball occurs when excessive spin causes the ball to cross over to the other side of the center pin usually producing a less than desirable result for the bowler.

"One pin was left up wobbling until another pin bounced over and knocked it down," said King. "That was luck for me, but after that happened, I knew I would throw a strike in the last frame. I had a peace about it."

That game was the first perfect game played at D-M since the new lanes were installed in February 2001.

"Last week, Kary Harris, [intramural bowling league member at D-M] threw eleven strikes in a row," said King. "As the manager, I like to see people bowl high scores." Harris was close, but no cigar, although he did bowl a high series score of 803 in a three game series.

"The night I bowled a 300 I was telling the league secretary how disappointed I was that no one has thrown a 300 in a while." As a joke, King continued, "I told him: 'Since I can't count on anyone else, I'll have to do it myself."

Little did King know his credibility that night would shoot through the roof.

"I had no intention of bowling a 300 that night. I was merely talking it up," he said. "And after that game, I threw two more strikes."

Although King's perfect game may cause him to appear competitive, he claims adamantly that he only plays for the fun of it all.

"It's a game that doesn't matter if you're on a good or bad team. Your performance is not affected by your teammates," he said. "I come in with family and friends to bowl and just have a blast."

Now that King has broken the ice of bowling a perfect game, he said he expects to do it again one day, but he doesn't mind if it never happens.

"Like I said, I bowl only for the joy of the game," said King.

# **Sports Shorts**

### **Sports Training Camps**

To participate in the Air Force Sports training camps, submit an Air Force Form 303 by the deadline for the sports listed below: Triathlons no later than May 2; Track and field, April 20; Marathon, May 1 and Volleyball, June 20. For more information, call Jay Junsay at 228-0021 or 228-0022.

### New paintball range

The grand opening of the new paintball range will be April 18 from 2 to 6 p.m. there will be hamburgers, hotdogs and sodas. The range is located off Yuma Road at the old archery range and will be open Saturdays and Sundays from 8 a.m. to 3 p.m. beginning April 19. For more information, call 228-3736.

### **Intramural golf**

The intramural golf coaches meeting is scheduled for Tuesday at 1 p.m. at the Golf Course Eagle's Nest. Letters of Intent must be picked up and returned to the golf course.

### Women's softball

Varsity women's softball tryouts will be held Monday and

Wednesday at Thunderbolt Field from 5 p.m. to 7 p.m. The new coach is Brian Burtner. Tryouts are for active-duty military and spouses of active-duty members.

### Fiesta Fitness Expo

The 355th Services Squadron's Fitness and Sports Center will

—— See **Sports Shorts**, Page 16

# **Scoreboard**

Bowling	COMM MDG	66-142 64-144
OWC (Week 21)	High Game (Mer	m): EMS/AMMO, 1118 n): Andy King, 300 ies): Kathy Blohm, 20
<u>W-L</u>	_	•

rorgernbourn	107 01	
Bag Ladies	105-63	
Raspberries	99-69	
Shoulda Been	91-77	
Alley Cats	90-78	
M*S*P*	88-80	
Pin Heads	72-96	
High Game (Ladies): Rachelle Sanchez, 183		
High Series (Ladies): Mary Jo Davee, 517		

	Intramural
	(Week 26)
<u> Team</u>	W-L
12 AF #1	132-7
55th OSS	126-8
MS/AMMO	124-8

	IIIIIIaii	luiai
	(Week	26)
<u>Team</u>		W-L
12 AF #1		132-76
755th OSS		126-82
EMS/AMMO	)	124-84
AMARC Wo	oodmill	122-86
SVS#1		120-88
CTPS/MSSC	)	119-89
SVS#2		111-97
AMARC#1		110-98
CRS		100-108
25th OWS	'Cats"	98-110
43rd		90-118
12th AF #2		74-134

COMM	66-142
MDG	64-144
	):EMS/AMMO,1118
High Game (Men):	
. ,	s): Kathy Blohm, 201
riigir dame (Ladie	3). Natriy Diomii, 20

# Phantom Mixed

<u>Team</u>	W-L
So So's	113-63
The Cajuns	103-73
Alley Ooops	102-74
Sangre Caliente	98-78
Gutter Busters	96-80
Hit or Miss	86-90
Rat Pack	86-90
TuesdayEa	rly Dicor

Tuesday Early Risers
(Week 26)

(Week 26)	)
<u>Team</u>	W-L
Hit and Miss	128-80
Sunflower Gals	127-81
Bad Beavers	125-83
Monarchs	118-90
Dream Catchers	115-93
Alley Kats	110-98
Aggravation	109-99
Wee Bee Bad	104-10
Alley Angels	76-132
High Game (Team): Alley	Kats, 53

High Game (Ladies): Arlene Cook, 183

### CE Mixed Trio

(Week of	March 6)
<u>Team</u>	<u>W-L</u>
Good, Bad & Ugly	23.5-12.5
BJ's Buns	21-15
Brew Crew	20-16
Cruisers	20-16
Powerball	17-19
Sigma Five	15.5-20.5
The Cans	14-22
Just-4-Fun	13-23

### Thursday Night

(Week 25)		
<u>Team</u>	<u>W-L</u>	
Four Seas	122-78	
PBJ's	120-80	
Man On	115-85	
No Fear	115-85	
May Bees	114-86	
PC's	112-88	
Shaka	111-89	
Mission Impossible	102-98	
Mickey's Mavericks	88-112	
Hot Chili Peppers	86-114	
Caps & Cars	82-118	
FUBAR	82-118	
Strikes & Spares	80-120	
Ice Breakers	71-129	
High Game (Team): Ma	n On,833	
High Game (Men): Billy	Davidson, 267	
High Game (Ladies): Jo	yce Vaughn, 230	
High Series (Team): Ma	n On, 2307	
High Series (Men): Lloy	d Lee, 691	
High Series (Ladies): Jo	yce Vaughn, 647	

### DMAFB Pee Wee

(Week 27)

<u>ream</u>	VV-L
Pee Wee #2	40.5-31.5
Pee Wee #1	31.5-40.5
High Game (Boy): Cam,	104
High Game (Girl): Molli,	118
High Series (Boy): Cam,	194
High Series (Girl): Molli,	221

### **DMAFB Bantams**

(Wee	rk 23)
<u>Team</u>	<u>W-L</u>
Tigers of Terror	62-30
X-Bowls	57.5-34.5
The Good Team	36-56
Tuxedos	28.5-63.5

### **DMAFB Preps**

(Week 25)	
<u>Team</u>	W-L
3 Righteys and a Lefty	54.5-45.5
Strikers Five	52-48
Pin Busters	47.5-52.5
Double Trouble	46-54

### DMAFB Juniors/Majors (Week 25)

(FFCCN 23	'/
<u>Team</u>	W-L
Hit'Em Up Boyz	65-35
Fireballs	55.5-45.5
Brunswick Bruins	54-46
Desert Strikers	54-46
One Pin Too Short	53-47
The Roadrunners	47.5-52.5
There's Been A Mistake	46-54

# **Sports Shorts**

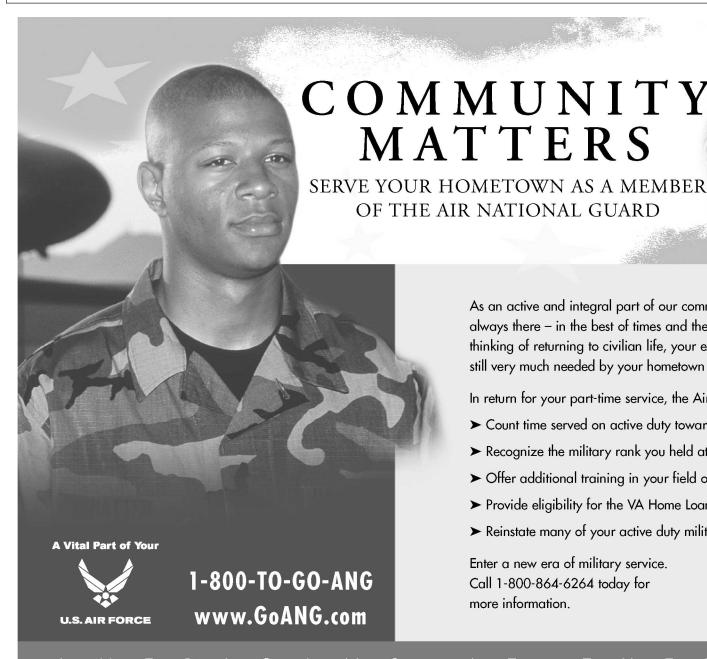
Continued from Page 15

host their annual health and fitness expo May 9. This year's expo will be combined with a Cinco de Mayo celebration. For more information on the Fiesta Health and Fitness Expo, call Master Sgt. Ken Ramey at 228-0738.

### **Air Force Marathon**

Registration is underway for the 2003 U.S. Air Force Marathon scheduled to be held at Wright-Patterson Air Force Base, Ohio, Sept. 20. Reduced fees for early registration are available until June 30. The registration deadline is Sept. 4. To register, or for more information, visit the marathon Web site at http://afmarathon.wpafb.af.mil/ or call the marathon office at (937) 257-4350 or (800)467-1823.

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## **Chapel Information**

Services and activities offered by the D-M chapel are listed below. Location is at the Desert Dove Chapel unless otherwise noted The Desert Dove and Hope Chapels share the parking lot at 5385 E. Ironwood. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and women's, men's and family ministry, call 228-5411.

### Catholic Mass schedule

**Saturday**: Mass is at 5 p.m. Sacrament of Reconciliation is at 4:30 p.m.

**Sunday**: Mass is at 7:30 and 10 a.m. Sacrament of Reconciliation is at 9:15 a.m.

**Daily**: Catholic Mass and Communion is at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m

### **Protestant Services schedule**

**Sunday**: Contemporary Service is 8:30 a.m. and Gospel Service is 11:15 a.m. at Hope Chapel. Traditional Service is at 11:15 a.m.

### **Education Services**

### **BTES** new hours

Effective April 1, hours for the base training and education services office will be Mondays through Fridays from 8 a.m. to 4 p.m.

### **Course 12 testing finalized**

Course 12 testing will be Thursdays at 10 a.m. in the base training and education services office testing center, Room 265. Testing is limited to five personnel. For more information, call Phil King at 228-3812.

### **CCAF** walk-in service

Walk-in service for Community College of the Air Force counseling is available Mondays through Fridays from 8 to 10 a.m. For more information, call Michelle Marinelli at 228-4249 or Rafael Maldonado at 228-3484.

### **Counseling appointments**

Counseling appointments can be made with the Community College of the Air Force advisor for Tuesdays and Thursdays by calling 228-3472. Appointments with the base training and education services counselors, can be made for Mondays through Fridays by calling 228-4249 or 228-3484.

# **Family Support Center**

### Veteran's affairs claims assistance

A veteran's affairs representative will provide group appointments concerning veterans and disability benefits Monday. Appointments are at 9 to 10:30 a.m, noon to 1:30 p.m. or 2 to 4:00 p.m. in Building 3200, Room 266. To sign up, call 228-5690.

### **Time for Tots playgroup**

There is a Time for Tots playgroup Tuesday from 9:30 to 10:30 a.m. giving parents a chance to meet other parents while their children enjoy fun and activities. For more

information, call 228-5690.

### **Right Start Orientation info fair**

There is Right Start Orientation information fair at the officers club Tuesday from 8 to 11:30 a.m. providing newcomers information on Davis-Monthan and Tucson. A medical orientation takes place afterwards from 12:45 until 4 p.m. Spouses are encouraged to attend. Free childcare will be provided. For more information, call 228-5690.

### **Deployed spouse info seminar**

There is a deployed spouse information seminar Wednesday at the Hope Chapel at 9 a.m., 2 and 7 p.m. There will be several different speakers and lots of information for people whose spouses are deployed. Attendees will also be able to sign-up for the readiness programs. Free childcare will be provided. For reservations, call 228-5690.

## **Happenings**

### **BHA** annual elections

The Black Heritage Association is having annual elections April 4. If you would like to self-nominate, nominate an individual for office or receive more information, call Master Sgt. Royce Morton at 228-5365.

### School and sports physicals

School and sports physicals are now available at the 355th Medical Group clinic. Parents must accompany children for the appointment and bring military identification, immunization records, glasses or contact lenses and school physical paperwork. Children should wear loose clothing for the physical. To schedule an appointment, call the central appointment line at 228-2778.

### **AFCEA luncheon**

All are invited to the Armed Forces Communications and Electronics Association luncheon Tuesday at 11 a.m. at the officers club. Cost is \$5.35 for members and \$7.35 for non-members. Guest speakers include Randy Schmidt and Nadia De Luca from Microsoft Corporation.

### **Book fair**

Frank Borman Elementary School offers a buy-one get-one-free book fair from March 31 to April 4. This season's theme is 'Get clued in to reading.' There will also be a family night event April 1 from 5 to 7 p.m. including games, prizes, refreshments and special guest visitors. For more information, call Frances Weesner at 748-1591 or 584-4600 or send an e-mail to mjdremel@cox.net.

### Summer hire program

The civilian personnel office is accepting applications for the position of Recreation Aid, GS-0189-02/03/04, a temporary summer employment position. Applicants may submit a resume or OF-612 to the civilian personnel

office from 7 a.m. to 4 p.m. Applicants must posses, and provide copies of, a current and valid nationally recognized lifeguard certification an instructor certification, first aid certification and CPR certification which includes adult, child and infant procedures. For more information, call Jacqualine Clinesmith at 228-3844.

### **Base service store celebration**

All International Merchant Purchase Authorization Card (IMPAC) cardholders and squadron members are invited to the base service store's Annual Customer Appreciation Day and Vendor Show Wednesday from 8 a.m. to 2 p.m. in Building 5126. There will be food, prizes, in-store specials and product demonstrations and samples. For more information, call 750-9608.

### **Movies**

Movies begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults and \$1.50 for children under 12 and senior citizens. Admission is for department of defense ID card holders and their guests only. For the theater movie recording, call 748-1157.

### **Friday:** Final Destination 2 (R)

The sequel to Final Destination, this time a group of people are thrown together when a freshman in college has a premonition about a traffic accident. Her premonition allows the group to cheat death, but perhaps

only for a moment as they realize Death has specific plans and no one can evade their fate. 1 hour; 40 minutes



### **Saturday:** Darkness Falls (PG-13)

Kyle Walsh returns home to confront his



troubled past and save his childhood sweetheart, Caitlin, and her younger brother, Michael, from an unrelenting evil that has plagued their town for more than one hundred and fifty years. *1 hour*, *25 minutes* 

### **Sunday:** Biker Boyz (PG-13)



A contemporary Western on wheels, the story of a group of lawyers and city workers by day that take to the streets in their leathers to

race by night. In the world of underground motorcycle clubs, the undefeated racer, known as Smoke, is the undisputed 'King of Cali.' But Smoke's dominance of the set is about to be threatened by a young motorcycle racing prodigy called Kid, who is determined to win Smoke's helmet and earn the coveted title. *1 hour, 30 minutes* 

March 21, 2003

Desert Airman

### **Services Activities**

### **New hours at ITT**

Due to a temporary staffing shortage, the Information, Tickets and Travel office, located in the community center, will be closed Mondays. For your convenience, the center is open Saturdays from 9 a.m. to 1 p.m. Weekday hours of operation are Tuesdays through Fridays from 9 a.m. to 5 p.m. The ITT office is also Closed Sundays. For more information, call 228-3700.

### Logo design contest

The youth center is sponsoring a logo design contest for their center that runs through March 29. Design the winning logo and you could win a \$25 youth center gift certificate. For more information, stop by or call the youth center at 228-8373.

### **Image Makers Photography Contest**

Youth from kindergarten through 12th grade can enter or pick up a copy of the official rules for the 2003 National Image Makers Photography Contest at the youth center. Entries can be submitted in five categories including digital, black and white, color, photo essay and alternative process. Photos are due March 31. For more information, call the youth center at 228-8484.

### **Community center bingo**

The community center has bingo games Tuesdays. Doors open at 5 p.m., early bird games start at 6:30 p.m. There are lots of games, cash prizes and jackpots from \$50 to \$1,000. Stormy's Cafe will be open serving a variety of food and beverages. You must be 18 years to play and youth, 15 years or younger, are not allowed in the facility without a parent or guardian.

### Teen job ready training

The youth center offers teen job ready training every Tuesday in April from 6 to 7 p.m. Training is for teens from 13 to 18 years old and covers resume preparation, job applications, appropriate appearance, punctuality and attendance and interpersonal

skills. For more information, or to sign up, call the youth center at 228-8373.

### Retiree and deployed family meals

Retirees and their families are invited for meals at the Desert Inn Dining Facility Saturdays and federal holidays. Deployed family meals are Tuesdays from 3:30 to 6:30 p.m. For more information, call 228-1303.

### **Vehicle & RV storage**

Services offers long and short-term vehicle and recreational vehicle storage. It's safe, reasonably priced and has easy access off Yuma Street. All vehicles and RVs must be operational, insured and registered. For more information, call 228-3736.

### **Club dining Sundays**

Cabanas, located at the enlisted club, is open Sundays from 1 to 8 p.m. (Other hours of operation are listed to the right.) Order from their selection of pizza, subs and more. For more information, call 747-3234.

There will be no Sunday Brunch March 31 at the officers club due to Aerospace and Arizona Days 2003. Normally, members can have their favorite dishes for brunch Sundays from 10 a.m. to 2 p.m. For more information, call 228-3301.

### **Consignment program**

Artisans can place their handmade crafts, carvings, artwork or photos at the arts and crafts center Tuesdays through Saturdays for sale with the consignment program. Sales are subject to a 30 percent consignment fee. For more information, call 228-4385.

### Family child care program

Davis-Monthan has a need for more infant and toddler family child care providers. There is little or no cost involved and providers receive guidance, support, training and information to be successful. Air Force guidelines define FCC as 10 hours or more of care weekly or on a regular basis in government quarters. An FCC home has no more than six children younger than 8 years old at one time. For more information, visit the family child care office or call 228-2201.

## **Recreation Services**

A-4 1 C 4 C4 999 499
Arts and Crafts Center228-438
Tues., Wed. and Fri. 10 a.m. to 6 p.m.; Thurs. noon t
7 p.m.; Sat. noon to 4 p.m.
Auto Skills Center228-361
Tues Fri. 9:30 a.m. to 8 p.m.; Sat. 9 a.m. to 9 p.m.; Sur.
noon to 5 p.m.
Blanchard Golf Course228-373
Daily, sunrise to sunset
<b>Bowling Center</b> 228-346
Mon Thurs., 8 a.m. to 8 p.m.; Fri. 8 a.m. to 11:30 p.m
Sat. noon to 11:30 p.m.
Cabana Pizza747-323
Mon. 10:30 a.m. to 8 p.m.; Tues Thurs. 10:30 a.m. to
p.m.; Fri. 10:30 a.m. to 10 p.m.; Sat. 1 to 10 p.m.; Sur.
1 to 8 p.m.
Child Development Center228-333
Mon Fri. 6:30 a.m. to 5:30 p.m.
Community Center228-371
Mon Fri. 7 a.m. to 9 p.m.; Sat. 9 a.m. to 9 p.m.; Sun
10 a.m. 6 p.m.
Desert Oasis Enlisted Club228-310
Call for events and hours
Eagles Nest Restaurant228-706
Located at the Golf Course: Daily, 5:30 a.m. to 4 p.m.
Enlisted Club Barber Shop748-871
Mon Fri. 8 a.m. to 5 p.m.; Sat. 8 a.m. to 1 p.m.
Family Child Care228-220
Mon. to Fri. 7 a.m. to 4:30 p.m.
Fitness and Sports Center228-002
Mon Fri. 5 a.m. to 11 p.m.; Sat. 8 a.m. to 10 p.m.; Sur.
9 a.m. to 7 p.m.
Haeffner Fitness Center228-371
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Mon Fri. 5:30 a.m. to 7 p.m. Closed weekends, holiday
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and UTE days         Information, Tickets & Travel       228-370         Mon. to Fri. 9 a.m. to 5 p.m.; Sat. 9 a.m. to 1 p.m.         Library       228-438         Mon. to Thurs. 10 a.m. to 8 p.m.; Fri. 10 a.m. to 6 p.m         Sat. 10 a.m. to 5 p.m.         Lodging Reservations       748-150         Officers' Club       228-330         Call for events and hours       748-896         Mon Fri. 8 a.m. to 5 p.m.       748-896
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and UTE days         Information, Tickets & Travel       228-370         Mon. to Fri. 9 a.m. to 5 p.m.; Sat. 9 a.m. to 1 p.m.       228-438         Mon. to Thurs. 10 a.m. to 8 p.m.; Fri. 10 a.m. to 6 p.m       5 p.m.         Sat. 10 a.m. to 5 p.m.       748-150         Officers' Club       228-330         Call for events and hours       748-896         Mon Fri. 8 a.m. to 5 p.m.       748-896         Mon Fri. 8 a.m. to 6 p.m.; Sat. 8 a.m. to noon       228-373         Mon Fri. 8 a.m. to 6 p.m.; Sat. 8 a.m. to noon       228-371         Mon Fri. 7 a.m. to 6 p.m.       228-352         Mon Fri. 7:30 a.m. to noon, 1 to 6 p.m.       228-352         Mon Fri. 7:30 a.m. to noon, 1 to 6 p.m.       228-352

# What's happening at the D-M clubs

### **Club dining**

The officers club will be closed for dining Wednesday and Thursday. Normally, the club offers special dinners Wednesday nights and two-for-one steak nights Thursdays. These dinners are extremely popular and are a great value. For more information, call 228-3301.

### **Membership Pays**

Club members have another exciting way to enjoy their membership in the club. Membership Pays is a locally developed program designed to give existing club members discounts at off

base businesses, just for being a club member. With Membership Pays, existing members can go to over 35 participating businesses including restaurants, hotels and resorts, automotive, entertainment and more, show their club card and receive discounts. For more information, call 228-5950.

### **Under 21 club specials**

The clubs offer specials for members younger than 21 years. For example, they receive all non-alcoholic beverages for half price. If they maintain their D-M "Z" membership, they get credit toward a 21st birthday party at the club. For more information, call 228-3301.

# Desert Airman Classifieds

### Misc. for Sale

Compound bow, Jennings Buckmaster, Solo cam,RH,30" 70lb, comes w/ sights, arrow rest, 2 piece quiver, limb-savers and 1/2 dozen carbon arrows \$150.00. Call Jake 906-0822.

Universal motorcycle windshield \$50 obo, bike push or pull trailer \$10 obo, please call 971-1380cell or747-9527home anytime ask for don.

Two 12" Pioneer Woofers in Box \$125. Call 514-2570.

History 141 Book for Pima College (Current Edition) \$35, Call

Writing 101 Book for Pima College (Current Edition) \$15, Call 514-2570.

Huffy 924 series His & Hers matching red ten speed bikes. Good condition. New tires. Great for exercising together, or alone. Only \$60 for pair, obo. 790-5403

Four boxes girls clothes 0-2T \$100/all or OBO. Changing table \$15. Pastel bears nurserv set: bedding, mobile, lamp, diaper stacker with packaging \$50. Please call 514-9066 anytime.

Large Dog Kennel, Good Condition, \$75.00 OBO, 722-8555 LV Msg.

### **Motorcycles**

2002 Black Yamaha FZ1, 2200 miles, 145hp, 998cc, regularly maintained, will include two new DOT approved helmets and riding boots. Please call Desi anytime at 520-400-3779

2000 Yamaha YZF-R6, blue and white, 3000 miles, tank bra, 2 helmets, and other accessories included, new battery, garage kept, \$6300 firm. Call 296-8033.

2000 Suzuki GSX-R750, 750cc, blue/white, maintenanced, need to sell before PCS. Will include two DOT approved helmets. gloves, reflective vest, and tank bag. Asking \$7000, will negotiate. Call 520-907-7851 anytime.

### Cars and Trucks

1991 Chevy Van G-20 Gladiator Conversion 140 thousand miles. Asking 6,000 Call (520) 574-3867 after 6pm. 3/21 1TP.

1989 Isuzu Trooper II black, automatic, A/C, CD, 4wd, large tires, roof rack. Runs good, needs minor work. \$1,500 OBO. Call 991-1321 or 577-5362

1996 Suzuki X-90 2 dr, 4WD, 5 Spd, Pwr windows/doors, factory alarm, fog lights, A/C. Low miles, XInt cond. Call Don Parkhurst 228-0537 (wk) 546-1946 (hm)

00 Mustang, 29K, speed, V-6, Blue W/white stripe,

NEW tires, Mach stereo, spoiler, gray interior w/charcoal trim, power, AC, \$12,000 obo 730-8169 leave message

88' White Lincoln Towncar, Good tires and in exclnt cond, Asking \$1,475 or o.b.o, Call (520) 790-2664.

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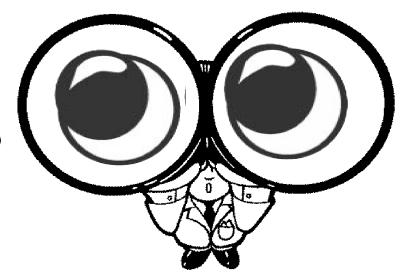


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22 Desert Airman March 21, 2003

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For one low price, your company's recruitment advertising will appear in the April 4th National

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☐ HOMES FOR SALE ☐ ROOMS FOR RENT ☐ HOUSES FOR RENT ☐ APTS FOR RENT ☐ LOTS ☐ HOTELS & MOTELS ☐ COMMERCIAL RENTALS ☐ LOANS ☐ INVESTMENTS ☐ BUSINESS OPPORTUNITIES	☐ PERSONALS ☐ RECREATION VEHICLES ☐ MOTORCYCLES ☐ WORK WANTED ☐ LOST & FOUND ☐ INDUSTRIAL PROPERTY ☐ MOBILES FOR SALE ☐ MOBILES FOR RENT ☐ MISC. FOR RENT ☐ ACREAGE	☐ INCOME PROPERTY ☐ FARMS & RANCHES ☐ MISC. FOR SALE ☐ SERVICES ☐ EMPLOYMENT OPPORTUNITIES ☐ PETS ☐ CARS & TRUCKS ☐ FURNITURE & APPLIANCES ☐ MISC. WANTED ☐ GARAGE & YARD SALES
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